

**Assistance in synthesis and documentation of health, environment
and development outcomes in urban Eco-health project, Katmandu**



**Bimal Raj Regmi
Consultant**

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Acknowledgement

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Acronyms

CLIP	Collaboration/Conflict Legitimacy Interest and Power
IDRC	International Development and Research Centre
NZFHRC	Nepal Zoonosis Food Health Research Centre
NGO	Non-Government Organization

Executive Summary

IDRC offered consultancy to provide guidance to the research team in mapping, synthesizing and documenting the most relevant/ significant health, environment and community development outcomes of the work accomplished over the various project phases. The major task carried out were to assist the NZFHRC team in designing a strategy and methods for mapping, synthesizing and documenting the most relevant/ significant health, environment and community development outcomes of the urban health project and to take lead and support a 3-day workshop in Kathmandu with the NZFHRC research team and selected representatives of stakeholder groups to refine the strategy and methods, and prepared a 2-month work-plan, to carry out the mapping, synthesis and documentation work.

The consultant suggested and trained the project staff and stakeholders to learn and adapt social analysis system and assessment tools to generate most significant health, environment and community development changes perceived by beneficiaries and demonstrated in the project sites. The design was facilitated in the participatory way ensuring the ownership of project proponent and beneficiaries. Emphasis was given in synthesizing and documenting most remarkable and significant social changes brought by the project. Good practices and lesson learnt that have wider chances of replicability was documented. These good practices were the process, product and approaches adapted and promoted by Ecohealth project. These product and processes were compiled in the form of technical reports, good practices flyer, success stories and disseminating materials (video documentary and posters). The project team will share these products with wider stakeholder during reflection workshop designed at the end of August.

One of the major contributions of the design and synthesis work was making project team and stakeholders realize about the major contribution, see the relevance of wider adoption and replicability and scope integration and mainstreaming. This exercise also fostered sense of ownership and collective decision-making within the team. There are challenges ahead in terms of sustaining these innovations and practices and making it most relevant and adaptable. The project team was provided with feedback on identifying future roadmaps to increase the outreach of the project outcomes.

Background

The International Development Research Center's (IDRC) Ecosystem Approaches to Human Health Program Initiative (Ecohealth PI, <http://www.idrc.ca/ecohealth>) supports applied research for development that utilizes a complex systems approach to examine social and ecological dimensions of health and environmental problems and in designing and implementing multi-sector interventions to address these problems.

The National Zoonoses and Food Hygiene Centre (NZFHRC), a national NGO working in Kathmandu, is implementing Urban Ecosystem and Health Project in wards 19 and 20 of the Kathmandu city since 1992. The phase one of the project is (1998-2001) on Urban Echinococcosis/hydatidosis in wards 19 and 20 of Katmandu City established the links between poor urban sanitation and environmental hygiene (including, unhygienic open-air slaughterhouses and carcass disposal, poor hygiene in meat shops, restaurants and tea shops) and high transmission of diseases from animals to humans. This was followed by participatory action research using an ecosystem approach (phases I and II), based on the premise that improvements in ecosystem management through community initiatives could improve human health and well-being of local populations. These different projects differed in purpose and approach: an epidemiological investigative phase (1992-1998); a systems analysis phase focusing on the link between social, ecological, and health determinants using an ecosystem approach to health (1998-2001); and an action phase employing a variety of multi-stakeholder lobbying approaches to influence policy, as well as community organization and capacity building to influence, in turn, the implementation of policies and programs (2003-2006). The last phase or third phase of the project (2007-2009) aims to strengthen local organization, and enhance the capacity of local groups and local authorities in the project Wards to set in place processes for improving the health status of the population and the quality of their living and working environments.

The projects were successful in influencing different policies in Nepal and city programs of Kathmandu, resulting specifically in a new Animal Slaughtering and Meat Inspection Act, modification of the Nepal Food Act, modification of the Garbage Disposal Act, revisions to the Kathmandu Valley Housing Plan, and revisions to the Nepal Drinking Water and Sewerage Plan. The projects led also to the creation/ strengthening of 18 local stakeholder groups, the majority of which obtained legal status and gained the ability to influence local development programs and access local development funds.

Through these projects, NZFHRC was able to strengthen local organization, and enhance the capacity of local groups and local authorities in the project Wards to set in place processes for improving the health status of the population and the quality of their living and working environments. Important policies and programs were developed or modified, and local projects were implemented to facilitate the application of associated new regulations and new practices. Community-led actions included proper management of household and commercial waste, improvement of drainage systems and slaughterhouses; hygiene promotion in food stores and restaurants, protection of water sources; preservation and protection of public spaces including riverbanks, among others.

The political conflict in the country and city, however, weakened local governments, especially over the last years, slowing down and even preventing the registration as legal entities of the poorer stakeholder groups (street sweepers, street vendors, squatters, and small teashop and restaurant services) in the project wards, also slowing down the implementation of their community development plans. Tracking and documenting of outcomes (development, health and policy) was also slow. This last project support is helping the research team diversify their funding sources of support to local community groups, and analyze and document in a systematic manner the outcomes of the project and lessons in policy influence and policy implementation.

Realizing this, IDRC offered consultancy to provide guidance to the research team in mapping, synthesizing and documenting the most relevant/ significant health, environment and community development outcomes of the work accomplished over the various project phases.

Major Task

- To assist the NZFHRC team in designing a strategy and methods for mapping, synthesizing and documenting the most relevant/ significant health, environment and community development outcomes of the urban health project.
- To take lead and support a 3-day workshop in Kathmandu with the NZFHRC research team and selected representatives of stakeholder groups to refine the strategy and methods, and prepare a 2-month work-plan, to carry out the mapping, synthesis and documentation work.

Major input provide and the brief outcome

1. Support 3 day workshop in Kathmandu to design the strategy and methods

The workshop was designed in such a way that the strategy and methods for mapping, synthesizing and documenting the most relevant outcome of the project is well internalized and owned by the stakeholders. The preliminary drafting of the strategy and methods by the research team and consultant were kept open and flexible in order to get wider perspectives of the stakeholders and their critical input in developing roadmap for the synthesis and documentation. Day one was focused on conceptualizing the project, its contribution and major outcomes. The day was also focused in refining the strategy and methods and developing action plans. Day two was focused on social enquiry and collaborative learning. The use of various social analysis tools helped in the understanding the social changes and major impacts among stakeholders, the contributing factors and other relevant issues and opportunities. Day two did not only help stakeholders internalize the learning, but also brought all together to a shared learning dialogue (collective learning and sharing process) with exchange of information and knowledge. It contributed in making stakeholder realize and be proud of the contribution each made in the process and outcomes.



Fig 1. Workshop framework

The workshop was conducted in a participatory way using the Social Analysis Tools. More time was spent on group exercise, discussion and sharing in plenary. The facilitator only provided tips and guidance in the beginning by introducing the event and process. Participants themselves took lead in group facilitation, discussion and presentation. Several methods were used in group formation in order to mix different groups of stakeholders to that exchange of information and knowledge will be ensured. The table 1 below summarizes the key events and the tools used.

Table 1. Use of participatory tools and techniques facilitating the workshop.

Events	Tools	Mode of engagement
Mapping the design of the synthesis and documentation process	Pile sorting and clustering	Group discussion and presentation in the plenary
Finalizing work plan	Matrix ranking	Discussion and plenary
Historical trend analysis	Time line	Group exercises
Understanding stakeholder dynamics	Social Analysis CLIP	Group exercise, presentation
Understanding the communication and network dynamics	Network dynamics	Group exercise and presentation
Understanding the problem and effectiveness of interventions	Force Field	Group exercise
Understanding the effectiveness of major impacts	Social Domain, matrix ranking	Group exercise and presentation
Realizing the skills and competencies of stakeholders	Skill Profile/Wheel	Group exercise
Sharing best practices and learning	Story telling/role dynamics	Group exercise, presentation
Knowing each other	Face to face interaction	In pair
Recalling the 3 day workshop	Fun Quiz	Group

Major highlight of the workshop

- a. **Participation:** There were more than 30 stakeholders from all the 18 organizations with good female representation. The group exercise and sharing was a learning opportunity for all to facilitate the group, communicate with each other and present to the wider

groups. This fostered group cohesion, collective action and build the confidence of stakeholders.

- b. **Knowledge sharing:** the workshop turned out to be a venue for stakeholders to express their feeling, perception and demonstrate their skills through various means. It helped in exchanging of ideas, innovations, practices, stories and lessons related to project. Each participant learned the spirit of other and enjoyed the process. More over the rich knowledge and information among individuals were shared in the larger group making them realize their own strength.
- c. **Ownership of the process:** All the participants left the hall with a smile on their face and feeling proud of their participation, engagement and contribution in the project. They felt more empowered and energetic after the 3 days workshop with more confidence and plans.
- d. **Consensus and collective action:** The participants collectively concluded about the mapping and developed a joint plan for synthesis and documentation. During presentation and discussion, they respected each other's view and reached to consensus without much disputes and disagreement.
- e. **Output:** The workshop was successful and achieved its output. The participants came with a framework, design and action plan for the synthesis and documentation work.

Major Outputs of the workshop

a. Design framework for the synthesis work

The participants reached to the consensus on the design framework presented by the project team. Stakeholders gave more emphasis to apply participatory processes in the synthesis work and documentation. They strongly felt that the impact and changes should be well documented and shared with other stakeholders including government. They also requested to project to prepare the outcome document in Nepali, publish and have wider circulation. The final design framework is reflected in figure 2.

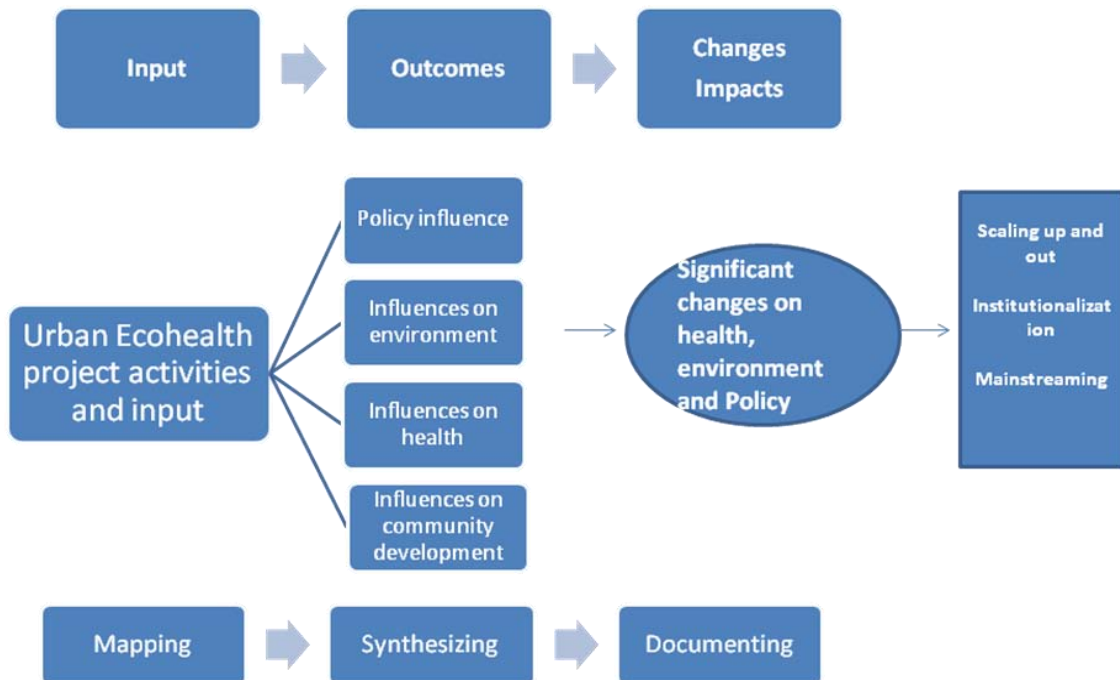


Fig 2. Design framework for synthesis

Summary of the workshop outputs

The design workshop was useful in identifying framework, strategy, methodology and tools in documenting in a systematic manner the outcomes of the project and lessons in policy influence and policy implementation. It brought all together 35-40 individuals representing 18 major stakeholders and key beneficiaries together to discuss the outcome mapping and plan for future course of actions. It was also a way of fostering collaborative inquiry, social learning, and stakeholder engagement in identifying the most significant changes, exploring the indicators and recommending process led approach for synthesis and documentation.

The action plan prepared was inclusive and owned by all the stakeholders. The emphasis was given in participatory processes and documenting major social, environmental and policy changes as an outcome of the project implementation. Good practices, lesson learned will be systematically documented using both quantitative and qualitative information, case studies, success stories and documents.

2. Synthesis of the major accomplishment

A framework was proposed, refined during the workshop and used in synthesizing major accomplishment of the project (refer to figure 1). The focus was more on the social changes and dynamics brought by the project. During the workshop, the participants were encouraged to provide critical comments and suggestions on the synthesis parameters like the major changes brought by the project and indicators of such changed and achievements. Based on these parameters and indicators the tools and methodology was designed and used by the project.

i. Method and tool used for collecting information

Time line and Historical Scan was used to identify the time line of events and people's views and knowledge about how a problem or situation has evolved over time, changes were made and outcomes derived. The outcome shows that project has contributed more of positive changes in the environment, health and community development.

Wheel was used in assessing the institutional growth of stakeholder, their skills/knowledge and their organization. The analysis contributed in enriching the understanding of the project proponent on their contribution on different skills of communities. It was observed that the project contributed in developing facilitation, community development, and social mobilization skills of participants. With regards to communication and information analysis, participants realized that they have to improve on this. They also realized that they do not have much practice in sharing information and knowledge with each other and they should focus on this in future.

Stakeholder mapping: Helped in identifying the stakeholder status and relationship among them. It also helped in mapping out the level of engagement of stakeholder in the project and processes. The outcome showed that the relationship among the stakeholders is satisfactory.

There are 2 organization out of 17 which are marginalized because they were less involved in the project. Suggestions were made for future interventions.

Network Dynamics was used in mapping the information and knowledge transfer and flow among stakeholders. How the knowledge is transferred? and who holds information and knowledge. It also identified the dynamics of information flow. The analysis showed that the information and knowledge sharing is weak. Although the organizations meet very frequently, there was less engagement in terms of information and knowledge sharing.

Force field helped in understanding the stakeholders view on the factors that cause the problem and those that are supported by project to counteract the problems and stop it from becoming worse. It also helped in assessing whether the proposed activities are sufficient to address the problem or not. The outcome showed that majority of the problems were solved by the project except the policy gaps.

Participatory evaluation: Majority of the stakeholders perceive that the major outcomes of the project were on health, environment and social changes. They have rated these outcomes as high. But with regards to the outcome on policy, majority felt that the policy feedback was good, policy recommendations were drafted and provided to the government, but the implementation part was very weak. Stakeholders strongly perceive that due to the project people's awareness, knowledge and skills have drastically improved. According to them, this has raised health consciousness, improved indoor and outdoor sanitation, improved waste disposal and management, improved the condition of Bishnumati river and the corridors and changes communities practice and habit in consuming food. The group also reported major changes on institutional strengthening, internal governance of the group, inclusion of members, empowerment of vulnerable and marginalized groups and mainstreaming development partners for community actions.

Key informants interview. This tool was used to identify the perception of knowledge and key figures/champions of the society and other concerned stakeholders. The old folks, school teachers, government officials, policy makers, targeted organization head were consulted during the process to get information on the major contribution of the project on environment, health and social changes.

Focus Group Discussion was used to obtain knowledge shared by targeted groups, stakeholders with similar concerns. Several focus group discussions were conducted to obtain views of stakeholders on the achievements of the project. Checklist was used to guide the discussion. The outcome of the focus group discussion shows remarkable progress of the project in terms of community mobilization, awareness and sensitization on health and sanitation issues and community empowerment.

Questionnaire Survey: A total of 30 households were interviewed for collecting beneficiary's views on project outcomes. Stratified simple random sampling was used to get views and perception of all the major groups of stakeholders.

ii. Documentation of good practices

a. Good practices Flyer

Good practices are practices that work towards the achievement of certain objectives under certain condition and context. It can be a process, a method or approach, a technique, an institutional arrangement or a combination of any of these. A good practice is therefore defined as a system, organization or process, that over time and space maintains, enhances and creates crop genetic diversity and ensures their availability to and from farmers and other actors for improved livelihoods on a sustainable basis (GEF/UNEP, 1999).

The interaction with the stakeholders and project staffs revealed that there are number of good practices developed or generated by the project, which had scope of wider dissemination, and scaling up. Therefore, it was agreed to develop good practices flyer in English. The areas of good practices flyer was agreed among the stakeholders, which include Environment management in the Bisnumati River, Improvement in the health and sanitation of communities, Institutional development and Social Changes in terms of empowerment and capacity building. The format of used in developing good practices flyer was the following:

1. Background
2. Rationale
3. Defining Concept, terminology and criteria
4. Procedure
5. Impacts
6. Lesson learnt and emerging issues
7. Further Readings
8. Contacts

b. Success stories book

The success stories book was the compilation of success related to project contribution and outcomes. It is the compilation of stakeholders and project staffs perception and feeling about changes brought by the project. The success story was compiled in the form of stories, poem, songs, article and essays. Al together there were 10-15 such materials collected, compiled, edited and will be published soon. The language used was Nepali and targeted to the civil society, community based organization, communities, government officials, policy makers and other interested individual and organization. It was aimed at transforming the successes of the project at wider scale in order to benefit communities and nation.

iii. Synthesis Technical Report

The synthesis technical report was designed to consolidate major findings of the household survey, focus group discussion and outcome of synthesis workshop. The analysis was done by using statistical software package (SPSS), Social analysis tools (Force Field, time line, Wheel,

Rep Grid) and descriptive analysis. The technical report focuses mostly in the four areas as mentioned below.

a. Significant impact on environment

This technical paper on environment aims to document the significant changes brought by the project on improving the environment of the project areas. The paper highlighted that interventions were designed to Create/improve and to enable environment to community behavior change. Given the poor status of the communities, this meant in many cases aiming to improve the livelihoods of the different stakeholder groups and to secure the means to do this. Part of this process included assisting the different stakeholder groups in identifying potential funding sources (from ward level budgets to city, national and international grants and/or loans) to improve the infrastructure required, and preparing proposals and work-plans to carry them out.

b. Significant impact on Human Health

The technical paper on health related contribution of the project was aimed at documenting most remarkable and significant health related achievements. It was highlighted that project was successful in fostering /improving and enabling community behavior change with respect to individual, household and community health. This meant raising awareness on health, food safety and transmission of diseases relevant to the wards, improving disease prevention practices, promoting health-seeking behaviors, and strengthening the delivery of local health services.

c. Significant impact on Policy

The overall objective of this technical paper was to find the positive impacts, weaknesses and the recommendations for the future of the program launched in the past. The specific objectives were: to appraise the impact of Policy influence at the Community, Regional or National level; to find out the different activities launched by this project related to development; to find out the program launched related to research and capacity building by the project in the past; to find the benefited target group launched different activities by the project; to find the new innovation and the impact in commercial sector; and to find Impacts on individual researcher and outsider researcher due to different activities launched by the project.

d. Significant impact on Community Development

This technical report focuses on the community development initiatives of the project. The main objectives of this technical paper is to highlight the need to support and strengthen on-going community actions, KMC initiatives and advocacy efforts that emerged from the first-phase project, including monitoring and evaluation of these works. The paper outlines that those long-term action plans developed with the community need to be continued for further development for which continuous support is essential from our side too.

iv. Dissemination materials

The stakeholders agreed to prepare disseminating materials in order to increase publicity, access to project outcomes and informed wider stakeholder about the technology, process and approaches generated by the project. It was also recommended to design 4 posters and 1 video documentary (DVD) highlighting major impacts and contribution to environment and human health.

Posters: The poster was aimed at visually presenting the key messages around the process and product of the project. The posters were mostly focused on eco-health model, approaches of the project and impacts on livelihood and environment.

Video Documentary: A 20 minute documentary is prepared in Nepali highlighting the process and major achievement of the project. The documentary also captured communities' perception on the significant contribution and impact of project. Other stakeholder's views on the areas of contribution were also included in the documentary. The documentary is completed now and will be broadcasted through television.

v. Reflection workshop

The project team and stakeholders have planned to organize half-day reflection workshop to share the outcome of the synthesis and documentation. A wide range of stakeholders will be invited in the workshop. The synthesis report, good practices flyer, success stories, DVD and posters will be made public and distributed the participants. It is expected that the project will have larger publicity and the good practices will be shared widely.

Summary and Conclusion

The main objective of the consultancy was to provide technical input to the Eco-health project in Nepal to design, synthesize and document major outcome and achievements of the project. The input was provided in three major phase i.e. a. Initial designing phase b. Consultation phase (stakeholder workshop), c) synthesis and documentation phase. The inputs were mostly on designing tools, methodology and process in synthesis and documentation. Major products aimed during this support were a. Synthesis technical report, b. Good practice Flyer, C) Success Stories and d) disseminating materials like poster and video documentary. The synthesis and documentation part was completed and project team are prepared to publish the report and organize reflection workshop to showcase the product.